

PRENATAL WEIGHT GAIN CHART

**Pre-Pregnancy Normal Weight
 BMI 18.5–24.9**

Weight Gain Recommendations (twin gestation):

- ◆ 7.5–8.6 lb. gain 1st trimester
- ◆ 1.4 lb. gain per week 2nd and 3rd trimesters
- ◆ 37–54 lb. total weight gain

1. Last Name	First Name	MI
2. Patient Number		
3. Date of Birth (MM/DD/YYYY)	Month	Day Year
4. Race <input type="checkbox"/> American Indian or Alaska Native <input type="checkbox"/> Asian <input type="checkbox"/> Black/African American <input type="checkbox"/> Native Hawaiian/Other Pacific Islander <input type="checkbox"/> Unknown <input type="checkbox"/> White		
5. Ethnic Origin <input type="checkbox"/> Hispanic Cuban <input type="checkbox"/> Hispanic Mexican American <input type="checkbox"/> Hispanic Other <input type="checkbox"/> Hispanic Puerto Rican <input type="checkbox"/> Not Hispanic/Latino <input type="checkbox"/> Unreported		
6. Gender <input type="checkbox"/> Female <input type="checkbox"/> Male		
7. County of Residence		

